

2025 GOLD INVITE

Order of Events

Session 1 : Friday PM / Warm-up: 4:15 pm Meet Start 5:15

pm

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
1	<u>Open</u>	<u>200 IM</u>	2
3	<u>Open</u>	<u>50 Free</u>	4
5 Minute Break			
5	<u>Open</u>	<u>400 IM*</u>	6
7	<u>Open</u>	<u>500 Free**</u>	8

*** The Open 400 IM will be swum fastest to slowest, all girls' heats followed by all boys' heats if contested in the same course. The Open 400 IM will be limited to the fastest 6 heats of each gender.**

**** The Open 500 Free will be swum fastest to slowest, all girls' heats followed by all boys' heats if contested in the same course. The Open 500 Free will be limited to the fastest 6 heats of each gender.**

Session 2: Saturday AM / Warm-up: 7:30 am Meet Start: 8:30 am

Girls	Age	Event	Boys
9	9-10	100 Free	10
11	11-12	100 Free	12
13	8&under	50 Free	14
15	9-10	50 Back	16
17	11-12	50 Back	18
19	8+Under	25 Back	20
21	9-10	100 Breast	22
23	11-12	100 Breast	24
25	8+Under	50 Breast	26

27	9-10	50 Fly	28
29	11-12	50 Fly	30
31	8+Under	25 Fly	32
33	9-10	100 IM	34
35	11-12	100 IM	36
37	8+Under	100 IM	38

Session 3: Saturday PM / Warm-up: Not before 12:30 pm
Meet Start: Not before 1:30 pm

Girls	Age	Event	Boys
39	13-14	200 Free	40
41	Open	200 Free	42
43	13-14	100 Back	44
45	Open	100 Back	46
47	13-14	200 Breast	48
49	Open	200 Breast	50
51	13-14	100 Fly	52
53	Open	100 Fly	54

Session 4: Sunday AM / Warm-up: 7:30 am Meet Start 8:30 am

Girls	Age	Event	Boys
55	8+Under	50 Fly	56
57	9-10	100 Fly	58
59	11-12	100 Fly	60
61	8+Under	25 Free	62
63	9-10	50 Free	64
65	8+Under	50 Back	66

67	9-10	100 Back	68
69	11-12	100 Back	70
71	8+Under	25 Breast	72
73	9-10	50 Breast	74
75	11-12	50 Breast	76
77	8+Under	100 Free	78
79	9-10	200 Free	80
81	11-12	200 Free	82
Session 5: Sunday PM / Warm-up: Not before 12:30 pm Meet Start: Not Before 1:30 pm			
Girls	Age	Event	Boys
83	Open	200 Fly	84
85	13-14	200 Fly	86
87	Open	200 Back	88
89	13-14	200 Back	90
91	Open	100 Breast	92
93	13-14	100 Breast	94
95	Open	100 Free	96
97	13-14	100 Free	98